

Maryland WIC

Better Nutrition Brighter Future

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Martin O'Malley, Governor | Anthony G. Brown, Lt. Governor | Joshua M. Sharfstein, M.D., Secretary, DHMH

Maryland WIC
**help me
be healthy**

I am
2½



I want to be like you.

Please help me
learn new words.

My name is _____.

I weigh _____ pounds and _____ ounces.

I am _____ inches tall.

My Hemoglobin is _____.

A special note for me _____

Please let me decide when I have had enough to eat

- I feed myself and use a spoon.
I hold my cup with one hand.
I feel proud.
- I want to learn about food.
Please serve me foods I like
along with a new food. You
may need to offer me a new
food 10 times before I will try
it. This is normal.
- Don't worry if I don't eat a
meal or snack. I will eat more
on some days than others.
Please don't beg me to eat or
fix other foods for me.
- Please don't force me to eat or make me
"clean my plate."
- I need some fat. You can put margarine, cheese, or
a little peanut butter on my foods. Or let me dip my
vegetables in salad dressing. A little sugar is okay,
but not very much.



Let's stay on schedule

If a meal or nap is late, I get too hungry or tired. I might throw a tantrum. I don't know how to wait.

- Offer me 3 meals and 2 or 3 healthy snacks every day. Try to have them at the same times.
- When we are away from home, please take a snack for me. We can sit and eat WIC cereal or some crackers.
- Find a quiet place for my nap. Read my favorite book until I fall asleep.



Give me
water when
I ask for a
drink.

Make our family meals relaxed

- I want to copy what you do and be just like you. If you make healthy choices and try new foods, I will do it too.
- I like to be with you. Please make time to eat with me. Can we turn off all our TVs and cell phones while we eat? I like it when you talk to me during meals.
- I still need to sit while I eat and drink so I don't choke. Put me in my highchair or booster seat at the table with our family. I can eat most foods you do—I want to be just like you!
- Sometimes I like eating with my fingers. I like using my spoon and fork, too. I may still be messy when I eat. This is how I learn to feed myself.
- Let's both wash our hands before and after we eat.



Every day offer me:



Grains

- 1/2 slice bread or 1/2 tortilla
- 1/4 cup cooked cereal, rice, or noodles
- 1/2 cup cold cereal
- 2 or 3 small crackers

Half the grains I eat should be whole grains.



Protein

- 2 tablespoons meat, chicken, turkey, or fish
- 1/2 egg
- 2 tablespoons beans or tofu
- 1/2 tablespoon peanut butter

Beans, meat, chicken, turkey, and fish give me lots of iron to keep my blood strong.

Vegetables

- 1/4 cup chopped, cooked vegetables
- 2 ounces vegetable or tomato juice

Offer me a dark green or orange vegetable every day.



Dairy

- 4 ounces nonfat or 1% milk
- 1/2 cup lowfat yogurt
- 1 slice lowfat cheese



No more than 16 ounces of milk a day.

WIC gives me lowfat milk. It's what I need.



Fruits

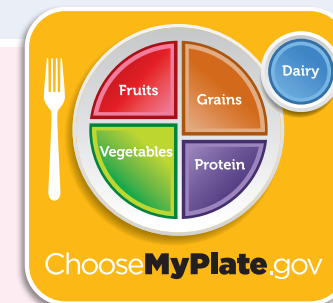
- 1/4 cup chopped fruit
- 2 ounces 100% fruit juice

Offer me a vitamin C fruit every day—
oranges, strawberries, or WIC juice.

No more than 4 ounces of juice a day.



Only a little bit.



Let's cook

Oatmeal with Brown Sugar

1/2 cup lowfat or nonfat milk

1 packet Quaker Instant Oatmeal®

1 teaspoon brown sugar

Combine milk and oats in a large microwave safe bowl.

Microwave on high for 1 to 2 minutes. Carefully remove hot bowl from the microwave. Add sugar and stir. Cool for several minutes before serving. Makes 1/2 cup or 2 servings.

Stir in raisins
or chopped
bananas.
Delicious!



I want to help

I want to please you.
Here are ways I can help.
Please say you are proud
of me.

- I can put foods in the basket when we shop. Let's talk about why they are good for me and how they help me be healthy.
- Can I decide the vegetable for dinner? Show me 2 vegetables. Ask me which vegetable we should choose.
- I might not be neat, but I am doing my best. Sometimes I drop things because my fingers are still small.
- When I help you, I feel good. I will probably eat better, too!



Look what I can do

- I like to sing! Teach me a song we can sing together. We can make up a song, too.
- I open cabinets and turn knobs. I want to know how things work.
- Watch out! I can reach the stove. Turn pot handles to the back.

Let's play

- I run, jump, and climb. Play in the park with me. Let's walk to the library to read a book.
- Play makes me forget I am hungry. I may not want to stop for a meal.
- Tell me we will eat soon. Let me draw a picture or work a puzzle while I wait.
- 20 minutes is enough time at the table for me. When I am full, let me go back and play.



Keep me safe and healthy

- At my checkup with the doctor, ask if I need a lead test.
- Keep me away from tobacco smoke, matches, and lighters.
- Watch me in the tub or near water.
- Keep cords up so I can't pull on them.
- Lock up cleaners, sprays, and medicines.
- Buckle me into a child safety seat before I ride in the car.
- Keep my screen time to an hour a day.

Help me take care of my teeth

- Please take me to a dentist to be sure my teeth are healthy.
- Brush my teeth, front and back, 2 times a day.
- Use a small, soft toothbrush and a pea size amount of fluoride toothpaste.
- Start to floss my teeth for me.
- Don't share forks or spoons with me. It spreads germs that can cause cavities.
- Please help me use a cup just like yours.

